

Appendices

Appendix A: How much body fat do I have?

Female Body Fat Percentage Ready Reckoner

BMI	AGE											
	18	20	25	30	35	40	45	50	55	60	65	70
18	20	20	21	22	23	24	26	27	28	29	30	31
19	22	22	23	24	25	26	27	28	29	30	31	32
20	24	24	25	26	27	28	29	30	31	32	33	33
21	26	26	27	28	29	29	30	31	32	33	34	35
22	27	28	29	29	30	31	32	33	34	34	35	36
23	29	30	30	31	32	33	33	34	35	36	36	37
24	31	31	32	33	33	34	35	36	36	37	38	38
25	33	33	34	34	35	36	36	37	38	38	39	40
26	34	34	35	36	36	37	38	38	39	39	40	41
27	36	36	37	37	38	38	39	39	40	41	41	42
28	37	37	38	39	39	40	40	41	41	42	42	43
29	39	39	39	40	40	41	41	42	42	43	43	44
30	40	40	41	41	42	42	43	43	43	44	44	45
31	41	42	42	42	43	43	44	44	45	45	45	46
32	43	43	43	44	44	44	45	45	46	46	46	47
33	44	44	44	45	45	45	46	46	47	47	47	48
34	45	45	46	46	46	46	47	47	47	48	48	48
35	46	46	47	47	47	47	48	48	48	49	49	49
36	47	47	48	48	48	48	49	49	49	50	50	50
37	48	48	49	49	49	49	50	50	50	50	51	51
38	49	49	50	50	50	50	50	51	51	51	51	52
39	50	50	50	51	51	51	51	51	52	52	52	52
40	51	51	51	51	52	52	52	52	52	53	53	53

To find your body fat percentage you go down to your BMI score and then across to your closest age.

For example a female who has a BMI of 22 and is 42 years old has a body fat percentage of 31%.